

Weekly Diabetes Update

August 22, 2008



1. Back to School

It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school by clicking on the following website: http://kidshealth.org/kid/feeling/school/back_to_school.html.

2. Educational Opportunities

• Immunization Update 2008, August 28, 2008

Please join us for the next Immunization Update webcast. This annual program will provide up-to-date information on the rapidly changing field of immunization. Anticipated topics include influenza and zoster vaccines, recently approved vaccines, and updates on vaccine supplies and vaccine safety. The two-hour webcast will occur from 12:00 noon to 2:00 pm (Eastern Time.) The webcast URL is <http://www2a.cdc.gov/phtn/webcast/immupdate2008/default.asp>.

For further details, go to: <http://www2a.cdc.gov/phtn/immupdate2008/default.asp> or contact Susan Farrall at 404-639-8852. This program will NOT be Envisioned.

• Influenza: Disease and Prevention – September 4, 2008 – 12:00 – 1:00PM

Sites will be selected on a first come-first serve basis. If you would like to connect to this program or if you have questions about this CME opportunity, please contact Lindsey Beckmann at 573-882-3458 or at beckmannli@health.missouri.edu. A sign-in sheet and evaluation form will be sent to you prior to the broadcast.

- **Missouri Rural Health Association Annual Conference – September 24-25, 2008**

The Missouri Rural Health Association (MRHA) will host its annual statewide conference, “MRHA in 3D: Barriers, Infrastructure, and Collaboration” on September 24-25 at the Capitol Plaza Hotel and Convention Center, Jefferson City, MO. For details, click on the attached conference brochure:

<http://www.dhss.mo.gov/fridayfacts/MRHAConferenceBrochure.pdf>.

- **The 20th National Conference on Chronic Disease Prevention and Control: Cultivating Healthy Communities**

Date: February 23-25, 2009

*Location: Gaylord National Convention Center,
National Harbor, Maryland*



CDC will host the 20th National Conference on Chronic Disease Prevention and Control: Cultivating Healthy Communities. Conference presenters will share relevant information on innovations in science, policy, community interventions, health marketing, and information technology that support healthy lifestyles and cultivate healthy communities. Through extensive networking opportunities, participants will learn successful chronic disease prevention efforts, best practices, and effective intervention techniques used by their colleagues and challenges as we move into the next decade of health system transformation.

To learn more, please see: <http://www.cdc.gov/nccdphp/conference/index.htm>.

- **Free on-line Training Modules on Nutrition and Health and Physical Activity**

The Center of Excellence for Training and Research Translation is pleased to announce the availability of two new online training modules: **Nutrition and Health** and **Physical Activity and Health**. These training modules are designed primarily for public health practitioners with a limited background in the fields of nutrition and/or physical activity and for those needing an update on current recommendations. These modules are available free of charge and take 2 to 3 hours to complete.

For additional information, please click on the following website: www.center-trt.org.

3. **The Eagle Book Series**

The animated version of the Eagle Book series (Through the Eyes of the Eagle, Knees Lifted High, Plate Full of Color, and Tricky Treats) has been created for availability on DVD from the Native Diabetes Wellness Program (NDP), Division of Diabetes Translation (DDT), Centers for Disease Control and Prevention (CDC).

The DVD can be used in many ways as an interactive tool with parents, teachers and communities to engage children in activities and discussions about healthy eating and the joy of being active while looking to traditional ways to stay healthy and prevent type 2 diabetes.

CDC –TV is currently making the soon to be released animated version of all 4 Eagle Books available for viewing on the internet at <http://www.cdc.gov/CDCTV/>.

If you have questions about the animation please contact Cherryll Ranger
chr4@cdc.gov.

4. 2007 Smart BRFSS Data and Prevalence Tables Now Available

The CDC's Behavioral Surveillance Branch in the Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion, Coordinating Center for Health Promotion, is pleased to announce the joint release of the 2007 SMART BRFSS data and prevalence tables and the BRFSS Maps.

SMART BRFSS (Selected Metropolitan/Micropolitan Area Risk Trends from the Behavioral Risk Factor Surveillance System) began with the analysis of data from the 2002 BRFSS. It now includes data from 2002 through 2007, with prevalence estimates for over 184 metropolitan and micropolitan statistical areas (MMSAs), as well 298 counties within those areas.

The SMART BRFSS data and prevalence tables are located at <http://apps.nccd.cdc.gov/brfss-smart/index.asp>.

The BRFSS Maps are located at <http://apps.nccd.cdc.gov/gisbrfss/default.aspx>.

For more information, please contact Lina Balluz, Sc.D., M.P.H. at 770-488-2466 or lib7@cdc.gov.

5. Healthwatch – Lettuce for Diabetes

Henry Daniell, Ph.D., a molecular biologist at the University of Central Florida in Orlando, Fla., has been experimenting with a new way to deliver insulin. He and his team inject the human gene for insulin into leafs of lettuce. Does it work? Read more in this article from KRCG posted on line at: http://www.krcg.com/news/news_story.aspx?id=173907.

6. Translating A1C Assay into Estimated Average Values

The results of the A1C-Derived Average Glucose study (ADAG), published in Diabetes Care, have affirmed the existence of a linear relationship between A1C and average blood glucose levels.

In light of the study results, ADA is recommending the use of a new term in diabetes management, estimated average glucose, eAG. Health care providers can now report A1C results to patients using the same units (mg/dl or mmol/l) that patients see routinely in blood glucose measurements.

Read more on this article from Diabetes Care posted on line at: <http://care.diabetesjournals.org/cgi/reprint/dc08-0545v1>.

7. Outcomes After Stroke Poorer in Older Patients

Among stroke patients, the fatality rates are higher and the likelihood of being discharged from the hospital to go home is lower for those over age 80 than for their younger counterparts, according to a study in the medical journal Stroke.

Read more in this article from Reuters Health posted on line at: <http://www.reutershealth.com/archive/2008/08/12/eline/links/20080812elin031.html>.

8. Smoke-Free St. Louis Coalition

The Smoke-free St. Louis City coalition is working toward smoke-free air in all public places in St. Louis City, including restaurants, bars and all workplaces.

Read more by clicking on this website: <http://www.smokefreestl.org/>.

9. Weekly Diabetic Recipe – Rock and Rollers

Please go to the following website to enjoy this week's recipe:

<http://recipes.howstuffworks.com/rock-n-rollers-recipe.htm>.



